

**You've heard of it's awesomeness!**

**You're ready to do something!**

**You can't wait any longer!**

**You're ready to stand up to hunger!**

**What:**

It's time once more to join together with youth around the world to fight poverty and say no to hunger in the name of Jesus. Last year Munchies and Crew raised over \$8,000 and delivered over 100 lunches and pairs of socks to the homeless of Sacramento. Lets join together once more to be instruments of God's love in the world.

**When:** March 2<sup>nd</sup> & 3<sup>rd</sup>

**Where:** Faith Presbyterian Church

**Deadlines:**

To sign up: get a fundraising envelope and permission slips at youth group, Sunday morning or from Patrick anytime. **All forms must be turned in by February 19<sup>th</sup>!** If the forms are not turned in by the 19<sup>th</sup> you will not be able to stay at the church on March 2<sup>nd</sup> and 3<sup>rd</sup>. Turn in envelopes with funds collected March 2<sup>nd</sup>. The permission slips can also be downloaded from [www.wired4christ.org](http://www.wired4christ.org).

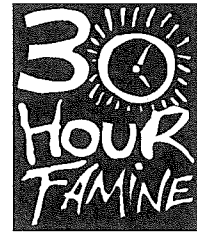
**Fundraising:**

Each person is encouraged to set their own fundraising goals but to get you started every participant in the Famine must have **at least 7 sponsors and raise a minimum of \$30.**

If your parents want more information then have them call or email Pastor Patrick 428-3439 or [pvaughn@faithpresby.org](mailto:pvaughn@faithpresby.org). Once you've signed up you will get more detailed information like schedules and what to bring.

**Sign-up at Munchies and Crew or talk to Patrick!!!**

Form must be turned in by February 19<sup>th</sup> to participate!



## Consent Form & Contract

Dear Parent or Legal Guardian and Student,

In order to participate in World Vision's 30 Hour Famine on March 2<sup>nd</sup> & 3<sup>rd</sup> at Faith Presbyterian Church please read, discuss and sign this consent form and contract.

As a 30 Hour Famine participant I promise to:

- **Raise at least \$30** and have **at least 7 sponsors** to help those around the world who suffer from hunger, poverty, and a lack of hope.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Turn in this form and the church permission slip **by February 19<sup>th</sup>**.
- Return the money at the Famine event on March 2<sup>nd</sup>.
- Once it is lights out stay in the designated guy and girl areas.
- Fasting is difficult, therefore, all participants commit to respecting one another.
- Do not bring cell phones, I-pods, Mp3 players, DVD players, etc. Patrick will have his cell phone with him at all times for parents to contact if needed.
- It is a primary goal to create a holy and respectful environment for the famine. If these guidelines are blatantly disregarded it is up to the leaders' discretion whether or not the student will be dismissed from the Famine and go home or is able to participate.

### About Fasting

The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions include, but are not limited to, the following:

- Children under the age of 12 **or in sixth grade**.
- Pregnant or nursing women
- People over the age of 65
- People with diabetes, reactive hypoglycemia, an eating disorder or any combination of biological, psychological, and environmental conditions which could precipitate an eating disorder.

**Please note:** Because the above medical conditions are not always obvious, if you have any concerns about your child's health when taking part in World Vision's 30 Hour Famine, you are strongly encouraged to consult with your child's physician prior to participation. ***Your signature consenting to participation in 30 Hour Famine implies that you have taken this precaution and are allowing participation with fully informed consent.***

**A modified fast is available if you feel your child may not be physically capable of fasting for 30 hours.** Please contact the Group Leader if you would like to discuss this option.

For more information on fasting please go to [www.30hourfamine.org/parents](http://www.30hourfamine.org/parents) or call 1-800-7-FAMINE. For more information about World Vision, go to [www.worldvision.org](http://www.worldvision.org).

I have read this form and consent to my child, \_\_\_\_\_, participating in World Vision's 30 Hour Famine. (Please Print)

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Student Signature